

Application No. 10/090,079  
Response to Office Action of April 21, 2005  
Request for Reconsideration dated July 21, 2005  
Attorney Docket No. 01-10053

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1. (cancelled)

Claim 2. (previously presented): The device of Claim 17 wherein the user  
exercises by moving his upper body from a first position to a second position,  
the user's arms being kept extended while gripping the hand-gripping member,  
wherein  
in said second position the user's upper body is raised relative to said first  
position.

Claim 3. (previously presented): The device of Claim 17 wherein the user  
exercises by moving his upper body in a side-to-side motion, front-to-back  
motion, diagonal motion, rotational motion, or a combination thereof, the user's  
arms being kept extended while gripping the hand-gripping member.

Claim 4. (cancelled)

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Claim 5. (currently amended) The device of Claim 17, further  
2 comprising:

at least one guiding member supported on said frame, and

4 a slideable member ~~slidably~~ slideably coupled to said guiding member,  
wherein

6 said hand-gripping member is coupled to said slideable member.

Claim 6. (original): The device of Claim 5 wherein said guiding member  
2 comprises a bar.

Claim 7. (previously presented): The device of Claim 5 wherein said  
2 slideable member and said guiding member comprise smooth surfaces for  
enabling the slideable member to slide on said guiding member.

Claim 8. (previously presented): The device of Claim 5 wherein said  
2 slideable member comprises at least one wheel for enabling the slideable  
member to slide on said guiding member.

Claim 9. (cancelled)

Claim 10. (original) The device of Claim 5 wherein said guiding member is

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2 movably coupled to said frame.

Claim 11. (currently amended): An exercise device, comprising:

2 a hand-gripping member,

said hand-gripping member being positioned generally above a user's head

4 when the user lies on his back, said hand gripping member further being  
capable of side-to-side motion, front-to-back motion, diagonal motion,

6 rotational motion, or a combination thereof, relative to the user, said  
motion being substantially confined to a plane parallel to a surface on

8 which the device is supported;

further comprising a frame for supporting said hand-gripping member;

10 at least one guiding member supported on said frame,

a slideable member ~~slidably~~ slideably coupled to said guiding member,

12 wherein

said hand-gripping member is coupled to said slideable member;

14 wherein said guiding member is movably coupled to said frame; and

16 wherein said guiding member is coupled to said frame via a pivot  
attachment, ball attachment, or spring attachment.

Claims 12-13. (cancelled)

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Claim 14. (currently amended): The device of Claim 17, further  
2 comprising:

first and second guiding members oppositely mounted on said frame, and  
4 a third guiding member slideably mounted on said first and second guiding  
members and having opposite first and second ends supported on said  
6 first and second guiding members respectively, wherein  
said hand-gripping member is ~~slideably~~ slideably mounted on said third  
8 guiding member.

Claim 15. (previously presented): The device of Claim 14 wherein said third  
2 guiding member is made slideable on said first and second guiding members by  
providing said first and second ends of said third guiding member with a  
4 plurality of wheels coupled thereto, or smooth surfaces.

Claim 16. (previously presented): The device of Claim 14 wherein said hand-  
2 gripping member is made slideable on said third guiding member by providing  
said third guiding member with at least one wheel rotatively coupled to said  
4 third guiding member or by providing said third guiding member with a smooth  
surface.

Claim 17. (previously presented): An exercise device, comprising:

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2 a hand-gripping member,

said hand-gripping member being positioned generally above a user's head

4 when the user lies on his back, said hand gripping member further being  
capable of side-to-side motion, front-to-back motion, diagonal motion,

6 rotational motion, or a combination thereof, relative to the user, said  
motion being substantially confined to a plane parallel to a surface on

8 which the device is supported;

further comprising a frame for supporting said hand-gripping member; and

10 wherein said frame is foldable such that the device can be compacted when  
not in use.

Claim 18. (currently amended): The device of Claim 17, said hand-gripping  
2 member comprising handles which are gripped by the user while exercising,  
wherein the distance of the handles from said ~~first~~ surface on which the device is  
4 supported is adjustable.

Claim 19. (previously presented): The device of Claim 17, further comprising  
2 resistance elements for providing resistance to said motion.

Claim 20. (cancelled)

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Claim 21. (previously presented): The device of claim 25 wherein said hand-  
gripping member is mounted to said frame via a slideable spring, pivot, ball, or  
pendulum attachment, or combination thereof.

Claim 22. (currently amended): The device of Claim 25, further  
comprising:

at least one guiding member supported on said frame, and  
a slideable member ~~slidably~~ slideably coupled to said guiding member,  
wherein  
said hand-gripping member is coupled to said slideable member.

Claim 23. (original): The device of Claim 22 wherein said guiding member is  
movably coupled to said frame.

Claim 24. (original): The device of Claim 23 wherein said guiding member is  
coupled to said frame via a pivot attachment, ball attachment, or spring  
attachment.

Claim 25. (currently amended): An exercise device, comprising:  
a frame, and  
a movable hand-gripping member mounted on said frame,

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4           said hand-gripping member being positioned generally above a user's head  
when the user exercises on the device, said hand gripping member  
6           further being capable of side-to-side motion, front-to-back motion,  
diagonal motion, rotational motion, or a combination thereof, relative to  
8           the user, while the frame remains stationary, wherein  
the user exercises by moving his upper body in a side-to-side motion, front-  
10          to-back motion, diagonal motion, rotational motion, or a combination  
thereof, the user's arms being kept extended while gripping the hand-  
12          gripping member; and  
further comprising: first and second guiding members oppositely mounted on  
14          said frame, and  
a third guiding member ~~slidably~~ slideably mounted on said first and second  
16          guiding members, and having opposite first and second ends supported  
on said first and second guiding members respectively, wherein  
18          said hand-gripping member is ~~slidably~~ slideably mounted on said third  
guiding member.

Claims 26-28.     (cancelled)

Claim 29.     (currently amended):     An exercise device, comprising:

2           support means, and

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hand-gripping means mounted on said support means,

4 said hand-gripping ~~member~~ means being positioned generally above a user's  
head when the user lies on his back, said hand gripping means further  
6 comprising means ~~form~~ for movement including side-to-side, front-to-  
back, diagonal, or rotational movement, or a combination thereof,  
8 relative to the user,

wherein the user exercises by moving his upper body in a side-to-side  
10 motion, front-to-back motion, diagonal motion, rotational motion, or a  
combination thereof, the user's arms being kept extended while gripping  
12 the hand-gripping ~~member~~ means.